

# Post Partum Check

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The adventure of pregnancy and giving birth to a baby is not complete without going to the six to eight week postpartum checkup. We highly encourage you to make this appointment with your Healthcare Provider.



## What to Expect

This visit is to ensure that you are healing well, whether you had a C-section or vaginal delivery. Your Healthcare Provider will also answer any questions you may have in regards to contraception, resuming sexual activity, or changes you are experiencing emotionally or physically.

## **References**

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